

How do I know if I have a cold or the flu?

	Cold	Flu
Coughing	A hacking, productive cough (mucus- producing)	A non-productive cough (non-mucus producing, dry cough)
Stuffy Nose	Stuffy nose that typically resolves spontaneously within a week.	Not commonly present
Sneezing	Sneezing is common	Not commonly present
Sore Throat	Sore throat is common	Not commonly present
Fever	Not commonly present	Fever is usually present (temperature of 100°F or higher for 3 to 4 days)
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Chills	Not commonly present	60% of people who have the flu experience chills .
Tiredness	Tiredness is fairly mild.	Tiredness is moderate to severe with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	Not commonly present	A headache is very common (present in 80% of flu cases)
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.